

The Savvy Caregiver

Free Class

Do you care for a family member or friend living with Alzheimer's or another dementia?

This FREE, research-backed class developed by Emory University has been found to decrease caregiver stress and increase caregiver confidence.



RESEARCH-BACKED CLASS

Savvy Caregiver will help you:

- Understand the impact of dementia on both you and the person you are caring for
- Understand the progression of dementia
- Learn the skills you need to manage daily life
- Strengthen family and community resources
- Feel better about your ability to provide care for your loved one

Dates, Times and Location

This is a six week class. Classes will be on Tuesdays from 1:00pm-3pm on February 11, 18, 25, March 3, 10, 17, 2020. Registration required.

The class will be held at Hollywood Senior Center, 1820 NE 40th Ave. Portland OR 97212.

Registration

For more information or to register for the class call: Loriann McNeill, Multnomah County Family Caregiver Support Program Coordinator at 503.988.8210. Register by Monday, February 9, 2020.

If your loved one needs care during the class call Loriann to discuss respite funds to pay for care.